

NEW MOON ABUNDANCE



WORKBOOK

JOURNAL, SET INTENTION
& MANIFEST

PREPARED BY JESSIE CHIANG

HOW TO SET INTENTIONS DURING NEW MOONS

and manifest your desires

Setting intentions during the new moon is a powerful way to focus your energy and manifest your desires. Here are some steps to follow:

- 01** Find a quiet and comfortable space: To effectively set intentions during a new moon, it's important to find a quiet and comfortable space where you won't be disturbed. This could be a room in your home, a quiet outdoor space, or any place where you feel calm and relaxed. Ease into the energy using the Abundance Manifestation Journal as a tool to reflect, to create awareness and connect deeply with your soul.
- 02** Connect with the energy of the new moon: The new moon represents the beginning of a new lunar cycle and is a time of new beginnings and fresh starts. This is an opportunity to plant new seeds for the kind of fruits you want to bear. Take a few moments to connect with the energy of the new moon and feel the potential for new growth and transformation.
- 03** Write down your intentions and goals: Take a pen and paper and write down your intentions and goals for the coming lunar cycle. It's important to note that it must be handwritten to utilize your soul's energy. Write no less than 3, and no more than 10 items. The intention setting is for you only, not for anyone else. Write the intentions 30 minutes after New Moon had taken place. This is to help you harness the energy of the New Moon when it gained energy and traction. Be specific and clear about what you want to achieve, and write your intentions in the present tense as if you have already achieved them. For example, instead of writing "I want to have more money," write "I am financially abundant and secure."



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Visualize yourself achieving your intentions: Close your eyes and take a few deep breaths. Visualize yourself already achieving your intentions and goals. See yourself living the life you want to live, feeling the way you want to feel, and experiencing the things you want to experience. Allow yourself to feel the emotions that come with achieving your intentions and hold that feeling for as 5 minutes.

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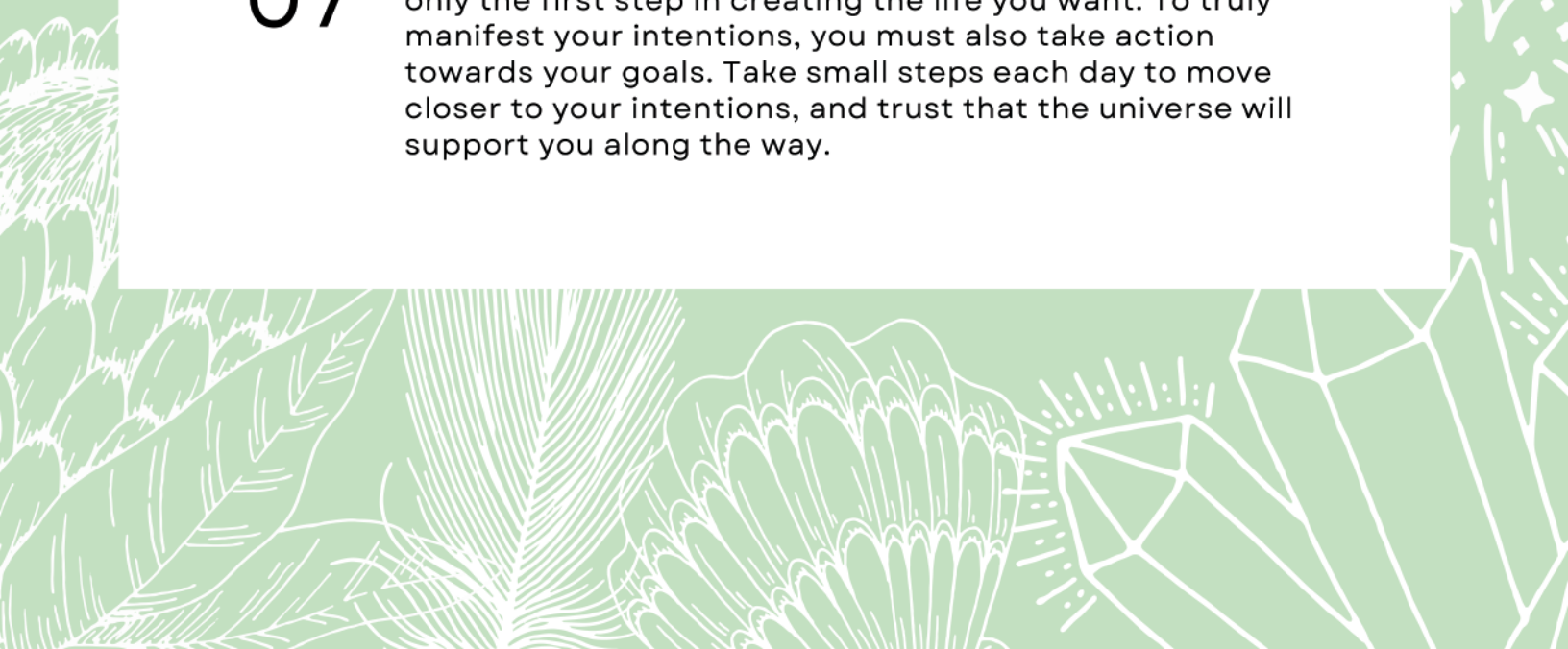
Release your intentions to the universe: When you feel ready, release your intentions to the universe. You can do this by saying a prayer, reciting affirmations, or simply visualizing your intentions floating up into the sky and being carried away by the energy of the new moon. Trust that the universe will bring you what you need to achieve your intentions, and be open to receiving the opportunities and blessings that come your way.

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Keep your the intention-setting paper in a folder or a box, store in safe space and not look at it again: When you have released to the Universe, your "order" is taken and well noted. On the next new moon when you are setting intention again, you may store in the same place and until you manifested your desires, you can take a look at it.

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Take action: Finally, remember that setting intentions is only the first step in creating the life you want. To truly manifest your intentions, you must also take action towards your goals. Take small steps each day to move closer to your intentions, and trust that the universe will support you along the way.



Abundance Manifestation Journal

WHAT ARE THREE THINGS YOU ARE GRATEFUL FOR IN YOUR FINANCIAL SITUATION RIGHT NOW?

WHAT WOULD IT FEEL LIKE TO HAVE FINANCIAL FREEDOM? WRITE ABOUT THE EMOTIONS THAT COME UP FOR YOU WHEN YOU THINK ABOUT THIS.

WHAT IS YOUR DREAM FINANCIAL SITUATION? IMAGINE IT IN AS MUCH DETAIL AS POSSIBLE AND WRITE ABOUT IT.

Abundance Manifestation Journal

WHAT ARE SOME THINGS YOU CAN DO TO INCREASE YOUR INCOME OR SAVINGS? BRAINSTORM AS MANY IDEAS AS POSSIBLE, NO MATTER HOW BIG OR SMALL.

DESCRIBE A TIME WHEN YOU OVERCAME A FINANCIAL CHALLENGE. HOW DID IT FEEL TO OVERCOME IT? WHAT DID YOU LEARN FROM IT?

WHAT IS ONE FINANCIAL GOAL YOU WOULD LIKE TO ACHIEVE IN THE NEXT YEAR? WRITE ABOUT WHY THIS GOAL IS IMPORTANT TO YOU AND WHAT STEPS YOU WILL TAKE TO ACHIEVE IT.

Abundance Manifestation Journal

WRITE A LIST OF ALL THE POSITIVE THINGS MONEY CAN BRING INTO YOUR LIFE.

WRITE DOWN FIVE AFFIRMATIONS ABOUT MONEY AND ABUNDANCE THAT RESONATE WITH YOU. REPEAT THEM TO YOURSELF DAILY AND NOTICE HOW YOUR MINDSET SHIFTS OVER TIME.

WHAT IS SOMETHING YOU CAN DO TODAY TO IMPROVE YOUR FINANCIAL SITUATION? WRITE ABOUT THE ACTION YOU WILL TAKE AND HOW IT WILL BENEFIT YOU.

2023 New Moon Dates

Note: All times and dates are show in Pacific time (PST). To get your local time and date, please use the time converter.

Time	New Moon Dates	Intention Set
12:53 PM	JAN 21, 2023	<input checked="" type="checkbox"/>
11:05 PM	FEB 19, 2023	<input checked="" type="checkbox"/>
10:23 AM	MAR 21, 2023	<input checked="" type="checkbox"/>
9:12 PM	APR 19, 2023	<input checked="" type="checkbox"/>
8:53 AM	MAY 19, 2023	<input type="checkbox"/>
9:37 PM	JUN 17, 2023	<input type="checkbox"/>
11:31 AM	JULY 17, 2023	<input type="checkbox"/>
2:38 AM	AUG 16, 2023	<input type="checkbox"/>
6:39 PM	SEPT 14, 2023	<input type="checkbox"/>
10:55 AM	OCT 14, 2023	<input type="checkbox"/>
1:27 AM	NOV 13, 2023	<input type="checkbox"/>
3:32 PM	DEC 12, 2023	<input type="checkbox"/>

TIME CONVERTER

Intention Setting List

DATE:

So be it!

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2024 New Moon Dates

Note: All times and dates are show in Pacific time (PST). To get your local time and date, please use the time converter.

Time	New Moon Dates	Intention Set
3:57 AM	JAN 11, 2024	
2:59 PM	FEB 9, 2024	
1:00 AM	MAR 10, 2024	
11:20 AM	APR 8, 2024	
8:21 AM	MAY 7, 2024	
5:37 PM	JUN 6, 2024	
3:57 PM	JULY 5, 2024	
4:13 AM	AUG 4, 2024	
6:55 PM	SEPT 2, 2024	
11:49 AM	OCT 2, 2024	
5:47 AM	NOV 1, 2024	
10:21 PM	NOV 30, 2024	
2:26 PM	DEC 30, 2024	

[TIME CONVERTER](#)

Intention Setting List

DATE:

So be it!

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2025 New Moon Dates

Note: All times and dates are show in Pacific time (PST). To get your local time and date, please use the time converter.

Time	New Moon Dates	Intention Set
4:35 AM	JAN 29, 2025	<input type="checkbox"/>
4:44 PM	FEB 27, 2025	<input type="checkbox"/>
3:57 AM	MAR 29, 2025	<input type="checkbox"/>
12:31 PM	APR 27, 2025	<input type="checkbox"/>
8:02 PM	MAY 26, 2025	<input type="checkbox"/>
3:31 AM	JUN 25, 2025	<input type="checkbox"/>
12:11 PM	JULY 24, 2025	<input type="checkbox"/>
11:06 PM	AUG 22, 2025	<input type="checkbox"/>
12:54 PM	SEPT 21, 2025	<input type="checkbox"/>
5:25 AM	OCT 21, 2025	<input type="checkbox"/>
10:47 PM	NOV 19, 2025	<input type="checkbox"/>
5:43 PM	DEC 19, 2025	<input type="checkbox"/>

[TIME CONVERTER](#)

Intention Setting List

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So be it!

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2026

New Moon Dates

Note: All times and dates are show in Pacific time (PST). To get your local time and date, please use the time converter.

Time	New Moon Dates	Intention Set
11:52 AM	JAN 18, 2026	<input type="checkbox"/>
4:01 AM	FEB 17, 2026	<input type="checkbox"/>
6:23 PM	MAR 18, 2026	<input type="checkbox"/>
4:51 AM	APR 17, 2026	<input type="checkbox"/>
1:01 PM	MAY 16, 2026	<input type="checkbox"/>
7:54 PM	JUN 14, 2026	<input type="checkbox"/>
2:43 AM	JULY 14, 2026	<input type="checkbox"/>
10:36 AM	AUG 12, 2026	<input type="checkbox"/>
8:27 PM	SEPT 10, 2026	<input type="checkbox"/>
8:50 AM	OCT 10, 2026	<input type="checkbox"/>
11:02 PM	NOV 8, 2026	<input type="checkbox"/>
4:51 PM	DEC 8, 2026	<input type="checkbox"/>

[TIME CONVERTER](#)

Intention Setting List

DATE:

So be it!

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Hey beautiful soul!



I'm Jessie, an Angel communicator, an entrepreneur, and a Certified Empowerment Coach.

I'm obsessed with spirituality and money - it's my superpower and a killer combo.

I love helping spiritual entrepreneurs heal money wound, and break negative cycles so that they can earn, keep and manifest more money doing what they love.

I have coached and help unlock five to six figures monthly income for many entrepreneurs.

But after being invited to speak about money mindset at stellar programs, I realized my real passion was helping entrepreneurs who were at that in-between stages.

Maybe this sounds familiar...

You're so ready to commit in marketing your offers to to take your business to the next level of income but selling, showing up, and receiving money isn't the most comfortable for you.

You know that without a healthy money mindset, you're going to struggle manifesting your income goals but you don't know where to start and what to do. It's so common to be blindsided by our limiting beliefs - we have become accustomed to it!

That's exactly what I can help you with. I'm your money coach fairy godmother, here to turn your old life to a wealthy one so you start manifesting your desires!

Next Steps:



the Money Magnet planner

A fillable 70-pages planner designed specifically to help spiritual entrepreneurs to develop actionable plans, and cultivate positive money mindset to achieve financial abundance.

Here's What You'll Get:

- **6 Sections of step-by-step instructions** to align your money mindset
- **Vision Board Checklist and Inspirational Images** to get the ball rolling when you don't have any idea what you want to manifest
- **Financial Asset and Monthly Budget table** to help bring clarity to your money situation.
- **Printable and PDF fillable planner** for easy organization and accessibility
- **135 Transformative Prompts** to guide you from limiting beliefs to wealth mindset so you can start manifesting

For Only \$7!

I'M READY TO UNLOCK MY ABUNDANCE!